



# 84%

**The percentage of Indiana high school students that don't include enough fruits and veggies in their diet. What's on your plate?**

*Higher intake of fruits and vegetables can help to decrease the risk for some types of cancer, cardiovascular disease, stroke, and being overweight or obese.*



**KNOW THE FACTS:** [www.in.gov/yrbs](http://www.in.gov/yrbs)